

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

آدَابُ النَّوْمِ وَتَعْبِيرُ الرُّؤْيَا

**THE DREAMER'S HANDBOOK**  
**SLEEP ETIQUETTES & DREAM INTERPRETATION**  
**IN LIGHT OF THE SUNNAH**

﴿اللَّهُ يَتَوَفَّى الْأَنْفُسَ حِينَ مَوْتِهَا،  
وَالَّتِي لَمْ تَمُتْ فِي مَنَامِهَا،  
فِي مِائَةِ أَلْفِ نَفْسٍ عَلَيْهِا آَمُورٌ،  
وَيُرْسِلُ الْأَمْرُءَ إِلَى أَجَلٍ مُّسَمًّى.  
إِنَّا فِي ذَٰلِكُمْ لِلْأَبْصَارِ بِتَفَكُّورٍ﴾  
الزمر ٤٢

«Allāh takes the souls at the time of their death, and (also) those that have not died yet — during their sleep. Then He keeps those for which He has decreed death and releases the others for a specified term. Indeed, in this are signs for those who reflect.» ﴿Az-Zumar 39:42﴾

مُحَمَّدُ بْنُ مُصْطَفَى الْجِبَالِيِّ

MUHAMMAD MUṢṬAFĀ AL-JIBĀLĪ

مَنْشُورَاتُ الْكِتَابِ وَالسُّنَّةِ  
AL-KITAAB & AS-SUNNAH PUBLISHING

All Rights Reserved. No part of this publication may be reproduced in any language, stored in a retrieval system, or transmitted in any form or by any means — electronic, mechanical, photocopying, recording, or otherwise — without the express permission of the publisher.

*The Dreamer's Handbook*  
*Sleep Etiquettes & Dream Interpretation in Light of the Sunnah*  
*(The Inevitable Journey – Book 5)*

28+331 p. 24 × 18 cm  
ISBN 1-891229-11-7

**Published by:**

*Al-Kitāb & as-Sunnah Publishing*  
USA ✉ PO Box 2542, Arlington, Texas, 76004  
Lebanon-Beirut ☎ +961-3-046338  
Saudi Arabia ✉ PO Box 5683, Madinah  
☎ +966-50-9600572 / 4-8466002, ☎ 4-8450539  
🌐 [www.kspublications.com](http://www.kspublications.com)  
✉ [info@kspublications.com](mailto:info@kspublications.com)

**Printed by:**

*Al-Maktab al-Islāmī*  
✉ PO Box 11/3771, Beirut - Lebanon  
☎ +961-5-456280, ☎ 5-450657  
🌐 [www.almaktab-alislami.com](http://www.almaktab-alislami.com)  
✉ [islamic\\_of@almaktab-alislami.com](mailto:islamic_of@almaktab-alislami.com)

## TABLE OF CONTENTS

### TABLE OF CONTENTS v

#### PRELUDE xvii

Opening Sermon .....	xvii
Our Mission: Purification and Cultivation .....	xviii
Purification .....	xx
a. Purifying Our Sources of Knowledge (xx)	
b. Purifying Our Beliefs (xx)	
c. Purifying Our Actions (xxi)	
2. Cultivation .....	xxi
a. Becoming True Followers of the <i>Salaf</i> (xxi)	
b. Inviting to the Pure Religion (xxii)	
c. Presenting the Islāmic Solution (xxiv)	

#### PREFACE xxv

The Inevitable Journey .....	xxv
This Book .....	xxvi
An Important Note Concerning <i>Ghayb</i> .....	xxvi
Acknowledgement .....	xxvii

#### CHAPTER 1

##### THE SOUL 1

The Truth about the Soul .....	1
Two Words for “Soul” in Arabic .....	2
Sleep Is a Minor Death .....	4
Texts from the Qur’ān (4)	
Texts from the Sunnah (6)	
Conclusion (7)	
Clarification (8)	
The Released Souls .....	8

## CHAPTER 2

### EVENING ETIQUETTES & EXTOLLMENTS 11

Nighttime	11
Night Is a Time for Rest and Sleep (11)	
Night Is a Time for Evil and Harm (13)	
Warding off the Night's Evil	13
1. Pronouncing Allāh's Name (14)	
2. Staying Indoors (14)	
3. Closing the Doors (16)	
4. Covering the Food (16)	
5. Extinguishing Fires (17)	
Extolling Allāh	18
Time of Saying the Evening <i>Athkār</i> (18)	
Power of <i>Thikr</i> (19)	
Which <i>Athkār</i> to Say? (20)	
Counting Extollments (20)	
Reciting Qur'ānic Portions	22
1. Reciting <i>Āyat ul-Kursī</i> (22)	
2. Reciting the Last Two <i>Āyāt</i> of <i>Sūrat ul-Baqarah</i> (23)	
3. Reciting the <i>Mu'awwithāt</i> (24)	
Other Authentic Evening <i>Athkār</i>	26
1. Chief <i>Thikr</i> for Seeking Forgiveness (26)	
2. Protection with Allāh's Name (27)	
3. Protection from the Night's Evil and Other Harms (27)	
4. Acknowledging Allāh's Full Charge over Us (28)	
5. Protection Against Oneself and Satan's Harm (29)	
6. Well-being and Protection from All Directions (29)	
7. Appealing for Help Through Allāh's Mercy (30)	
8. Declaring Full Reliance on Allāh (30)	
9. Protection from Weakness, Poverty, and Torment (31)	
10. One Hundred <i>Tasbīhs</i> and <i>Tahmīds</i> (32)	
11. <i>Tahlīl</i> that Equates Freeing Slaves (32)	
12. Proclaiming Adherence to the True Religion (34)	
13. Protection from Stings and Bites (35)	
14. The Animals See What We Cannot (35)	
Common Unauthentic Evening Extollments	36

## CHAPTER 3

### SLEEP ETIQUETTES & EXTOLLMENTS 39

Protection Against Night Harm and Fear	39
Normal Daily Precautions and Extollments (39)	
Additional Protection Against Night's Harm (39)	
Etiquettes for Going to Bed	40
Night-sleep Is the Prophet's Way (40)	
Sleeping Early (41)	
Cleaning the Hands and Mouth (42)	
Performing <i>Wuḍū'</i> (43)	
Permission of Sleeping Without <i>Wuḍū'</i> (44)	
Recommendation of Lying on the Right Side (45)	
Permission of Lying on the Left Side or the Back (46)	
Prohibition of Lying on the Stomach (47)	
Avoiding Sleeping in a Threatening or Exposed Manner (47)	
Avoiding Lonely Sleep (48)	
Separation in Sleep (48)	
Extolling Allāh Before Falling Asleep (49)	
Reciting Qur'ānic Portions	50
1. Reciting <i>Āyat ul-Kursī</i> (50)	
2. Reciting <i>Sūrat ul-Kāfirūn</i> (51)	
3. Reciting the <i>Mu'awwithāt</i> (52)	
4. Reciting <i>al-Isrā'</i> , <i>as-Sajdah</i> , <i>az-Zumar</i> , and <i>al-Mulk</i> (53)	
Other Sleep <i>Athkār</i>	54
1. One Hundred Extollments Better than a Servant (54)	
2. Seeking Allāh's Protection and Asking Him for Abundance (56)	
3. Seeking Protection Against Oneself and Satan's Harm (57)	
4. Expressing Gratitude for Allāh's Favors (57)	
5. A <i>Tahlīl</i> that Brings Great Forgiveness (59)	
6. Asking Allāh for Protection, Forgiveness, and Well-being (60)	
7. Asking Allāh for the Company of Angels (61)	
8. Affirming Allāh's Controls over Life and Death (61)	
9. Seeking Protection from the Punishment of the Hereafter (62)	
10. Expressing Full Submission to Allāh & Reliance on Him (62)	
11. Asking for Good Dreams (63)	

CHAPTER 4

NIGHT & MORNING GUIDELINES 65

Waking up During the Night ..... 65

Satan's Spell (65)

Brushing the Teeth (66)

Washing the Hands and Performing *Wuḍū'* (67)

Saying *Thikr* (68)

Extollments When Waking up at Night ..... 69

1. Reciting the Last Part of *Āl 'Imrān* (69)

2. Extolling Allāh with a Great *Tahlīl*, *Tasbīh*, and Praise (69)

3. Praising the Overpowering Lord (70)

4. Requesting Light from All Direction (71)

5. Praising Allāh and Seeking His Protection During Night Travel (71)

Excellence of the Last One-third of the Night ..... 72

Excellence of Praying *Qiyām* ..... 74

*Qiyām* Is a Practice of the Righteous Believers (74)

*Qiyām* Is the Best of Voluntary Prayers (75)

*Qiyām* Reflects Gratitude to Allāh (75)

*Qiyām* Reflects a Believer's Goodness and Honor (76)

*Qiyām* Is a Means for Entering *Jannah* (77)

*Qiyām* Is a Means for Attaining Allāh's Mercy (77)

*Qiyām* Places a Believer Among the Most Righteous (78)

Does *Qiyām* Guarantee Good Dreams? (79)

*Qiyām* Guidelines ..... 79

1. Constancy (79)

2. Moderation (80)

3. Attentiveness (81)

Returning to Sleep ..... 81

Involuntary Wake-up (81)

*Thikr* for Returning to Bed (82)

Arrival of Morning ..... 83

Wake-up *Athkār* (83)

Excellence of the Early Morning (84)

Morning Extollments ..... 85

1. Chief *Thikr* for Seeking Forgiveness (85)

2. Protection with Allāh's Name (86)

3. Warding off the Day's Evil (86)

4. Acknowledging Allāh's Full Charge over Us (87)

5. Protection Against Oneself and Satan's Harm (87)

6. Well-being and Protection from All Directions (88)

7. Appealing for Help Through Allāh's Mercy (89)

8. Declaring Full Reliance on Allāh (89)

9. Protection from Weakness, Poverty, and Torment (90)

10. One Hundred *Tasbīhs* and *Tahmīds* (90)

11. *Tahlīl* that Equates Freeing Slaves (91)

12. Proclaiming Adherence to the True Religion (93)

13. Four *Athkār* That Outweigh Many Others (93)

14. Asking for Knowledge, Sustenance, and Good Deeds (94)

Common Unauthentic Morning Extollments ..... 94

CHAPTER 5

ISLĀMIC CONCEPT OF DREAMS 99

Introduction ..... 99

Linguistic Definitions (99)

What Are Dreams? (99)

Allāh Creates All Dreams (101)

Satan's Role in Dreams ..... 102

Attributing Bad Dreams to Satan (102)

Satan's Play (103)

Wet Dreams (104)

Satan's Limitation (105)

Categories of Dreams ..... 105

Reports Regarding Dream Categories (105)

Three Categories (108)

1. Good or Truthful Dreams (109)

2. Terrifying Dreams (111)

3. Mixed-up Medleys (112)

Recommended Actions upon Having a Good Dream ..... 113

Recommended Actions upon Having a Bad Dream ..... 114

*Ta'awwuth* (115)

"Spitting" or "Blowing" on the Left Side (118)

Turning Over and Praying (119)

Effect of Faith and Righteousness in Dreams ..... 120

Dreams of the Prophets (120)



Dreams of the Righteous Are Part of Prophethood	(122)
Dreams Carry Glad Tidings for the Righteous	(124)
Dreams of Common Muslims	(126)
Dreams of Nonbelievers	(126)

## CHAPTER 6

### DREAMS IN THE QUR'ĀN 127

Ibrāhīm's Dream	127
Yūsuf's Dreams & Interpretations	129
Yūsuf's Dream	(129)
Dreams of Yūsuf's Prison Mates	(132)
Dream by the King of Egypt	(136)
Yūsuf's Conclusive Words	(139)

## CHAPTER 7

### PROPHET MUḤAMMAD'S DREAMS 141

The Prophet's Dreams: Gems of Magnificent Beauty	141
Introduction	(141)
Conquering Makkah	(141)
Dreams about Islām and <i>Īmān</i>	143
The King's Banquet	(143)
Dates of Supremacy	(146)
A Column Of <i>Īmān</i>	(147)
Treasures of the Earth	(148)
The Keys and the Scales	(149)
Dreams Regarding Virtues of Various Individuals	150
Abū Bakr and 'Umar Pulling Buckets of Water	(151)
'Umar Drinking from the Prophet's Cup of Milk	(152)
'Umar Wearing a Long Shirt	(154)
A Palace for 'Umar in <i>Jannah</i>	(155)
'Ā'ishah Wrapped in a Piece of Silk	(156)
'Ā'ishah Will Be the Prophet's Wife in <i>Jannah</i>	(157)
Ja'far Flying With Wings in <i>Jannah</i>	(157)
Umm Sulaym and Bilāl in <i>Jannah</i>	(158)
Waraqah Bin Nawfal in <i>Jannah</i>	(158)
The Fighters by Sea	(159)
Reward of Kindness Toward the Parents	(161)
Dreams about War and Fighting	161

The Battle of Badr	(161)
The Battle of Uhud	(162)
Dreams about Disease and Magic	164
Disease Leaving al-Madīnah	(164)
Enchanting the Prophet	(166)
Dreams about Acts of Worship	170
Seeing Allāh in a Dream	(170)
<i>Laylat ul-Qadr</i>	(178)
Two Prophets and an Imposter Performing <i>Tawāf</i>	(179)
The Blessed Valley	(181)
<i>Siwāk</i>	(182)
Dreams about the Hereafter	183
One Thousand Palaces for the Prophet	(183)
Reward for Removing Harm from the Way	(184)
Those Who Revert from the Prophet's Teachings	(185)
'Amr Bin Luḥayy in the Fire	(186)
Scenes from the <i>Barzakh</i>	187
Samurah's Long <i>Ḥadīth</i>	(187)
Abū Umāmah's Long <i>Ḥadīth</i>	(195)
Dreams Foretelling Future Events for Muslims	200
<i>Hijrah</i> to al-Madīnah	(200)
Golden Bracelets	(201)
Muslims Inflicting Harm on One Another	(203)
Black and White Sheep	(203)
Army Attacking al-Ka'bah	(205)

## CHAPTER 8

### DREAMS BY THE COMPANIONS 207

Introduction	207
Dreams about Islām and <i>Īmān</i>	208
A Bountiful Cloud and a Ladder	(208)
The Scales	(211)
Allāh's Will Precedes All Wills	(212)
Ibn Salām's Handhold	(214)
Dreams about <i>Jannah</i> and Hell	217
'Uthmān Bin Maz'ūn's Deeds	(217)
Ibn 'Umar's Dream of <i>Jannah</i>	(218)
Ibn 'Umar's Dream of Hell	(219)

Cutting Finger Knuckles (221)	
Twelve Martyrs in <i>Jannah</i> (222)	
Excellence of Living Longer While Worshiping Allāh (223)	
Dreams about Acts of Worship . . . . .	224
The <i>Athān</i> (224)	
The Night of Decree (225)	
Washing the Prophet (225)	
Post-Prayer Extollments (226)	
Giving Charity to Undeserving People (227)	
Other Dreams . . . . .	229
The Meeting of Souls (229)	
A Piece of Flesh (230)	
Ṣafiyyah's Moon (230)	
'Umar Hears about Islām (231)	
'Umar's Death (232)	

CHAPTER 9  
GUIDELINES FOR DREAM INTERPRETATION 233

Introduction . . . . .	233
Importance of Dream Interpretation (233)	
Urgency of Dream Interpretation (234)	
Importance of the Knowledge of Dream Interpretation (236)	
Dreams Have No Legislative Power (237)	
Interpretation of Truthful Dreams (240)	
Classes of Truthful Dreams (240)	
Methodology of Dream Interpretation . . . . .	241
Basic Methods (241)	
Additional Considerations (243)	
Basic Procedure in Dream Interpretation (246)	
Interpretations by Scholars . . . . .	248
Interpretation of Ties and Shackles (249)	
Interpretations by al-Baghawī (250)	
Interpretations by Ibn ul-Qayyim (251)	
Interpretations by ash-Shihāb ul-ʿĀbir (252)	
Warning (253)	
Etiquettes for the Dreamer . . . . .	253
Selecting a Knowledgeable and Caring Interpreter (253)	
Relating the Dream Truthfully (255)	

Relating the Dream Accurately and Fully (256)	
Summary (257)	
Qualities of the Dream Interpreter . . . . .	257
Piety and Righteousness (257)	
Knowledge and Experience (257)	
A Special Talent (258)	
Summary (259)	
Etiquettes for the Dream Interpreter . . . . .	260
Understanding the Dream and Avoiding Haste (260)	
Knowing His Limitations (260)	
Withholding Harmful Interpretations (261)	
Soliciting Narrations of Dreams (262)	
Summary (263)	
Dreaming about the Prophet . . . . .	264
The Prophet's Physical Appearance (265)	
Seeing the Prophet (266)	
Seeing the Prophet in a Dream (267)	
Condition for Seeing the Prophet (268)	
Seeing the Prophet in a Dream Has No Legislative Power (271)	

CHAPTER 10  
INTERPRETATION PRACTICE 273

Parables from the Qurʾān . . . . .	273
Selection of <i>Āyāt</i> (274)	
Interpretations Derived from These <i>Āyāt</i> (278)	
Parables from the Sunnah . . . . .	280
Selection of <i>Ḥadīths</i> (280)	
Interpretations Derived from These <i>Ḥadīths</i> (290)	

CHAPTER 11  
GLOSSARY OF DREAM SYMBOLS 293

Introduction . . . . .	293
Source (293)	
Warning and Disclaimer (293)	
Ailments and Injuries . . . . .	295
Sickness (295)	
Blood (295)	
Vomit (295)	

Animals . . . . .	295
Birds (295)	
Camels (296)	
Cattle (296)	
Marine Animals and Amphibians (296)	
Predator Animals (297)	
Prey Animals, Elephants (297)	
Reptiles and Insects (297)	
Riding Animals (298)	
Body Parts and Physical Qualities . . . . .	298
Face and Beard (298)	
Hair of the Body (299)	
Hands and arms (299)	
Head, Neck, and Hair (299)	
Skin and Physique (300)	
Thighs and Feet (300)	
Clothing, Jewelry, and Furnishings . . . . .	300
Carpet, Curtains, Pillows (300)	
Color of Garments, Bedspreads, etc. (300)	
Garments (301)	
Head Attire (301)	
Jewelry and Coins (301)	
Mirror (302)	
Sewing / Cutting (302)	
Death and Burial . . . . .	302
Death (302)	
Burial (302)	
Dead People (302)	
Foods, Drinks, and Utensils . . . . .	303
Birds, Eggs (303)	
Fish (303)	
Fruits (303)	
Grains (303)	
Honey (304)	
Human Flesh (304)	
Meats (304)	
Milk and Dairy Products (304)	
Utensils (305)	

Vegetables (305)	
Wine (305)	
Hereafter . . . . .	305
Hell (305)	
<i>Jannah</i> (305)	
Resurrection (306)	
Houses and Buildings . . . . .	306
House (306)	
Palace (306)	
Parts of a House (306)	
Town (307)	
Other Buildings (307)	
Landscape . . . . .	307
Garden or Field (307)	
Land or Earth (307)	
Mountains and Hills (308)	
Marriage, Pregnancy, Delivery . . . . .	308
Marriage (308)	
Pregnancy and Delivery (308)	
People . . . . .	308
Infants (308)	
Man (308)	
Woman (309)	
Righteous Individuals . . . . .	309
Angels (309)	
Prophets (309)	
Sky & Heavenly Bodies . . . . .	309
Galaxy (310)	
Moon (310)	
Planet (310)	
Sky (310)	
Stars (310)	
Sun (310)	
Trees and Vegetation . . . . .	310
Plants (311)	
Trees and Wood (311)	
Vegetation (311)	
Water and Sources . . . . .	311

River (311)	
Sea (312)	
Ship (312)	
Spring (312)	
Well (312)	
Weather Conditions and Natural Disasters . . . . .	313
Clouds (313)	
Earthquake (313)	
Fire (313)	
Flood (314)	
Hail (314)	
Lightning (314)	
Rain (314)	
Snow (314)	
Thunder (314)	
Wind (314)	
Worship . . . . .	315
<i>Athān</i> (315)	
Ka'bah (315)	
Prayer (315)	
Miscellaneous Dream Symbols . . . . .	315
Guidance and Misguidance (315)	
Knowledge and Learning (316)	
Weapons (316)	

## REFERENCES 317

## APPENDIX: ARABIC TERMINOLOGY 321

Introduction . . . . .	321
Translating and Referencing Qur'ān and <i>Hadīth</i> (321)	
Useful Charts (321)	
Arabic Terms (321)	
Glossary of Common Terms . . . . .	322
Arabic Weekdays and Islāmic <i>Hijrī</i> Months . . . . .	327
Transliteration . . . . .	328
Notable Utterances . . . . .	329
Index of Arabic Terms . . . . .	330

## PRELUDE

## Opening Sermon

إِنَّ الْحَمْدَ لِلَّهِ، نَحْمَدُهُ وَنُسْتَعِينُهُ وَنَسْتَغْفِرُهُ، وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا  
وَمِنْ سَيِّئَاتِ أَعْمَالِنَا. مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ، وَمَنْ يَضِلَّ فَلَا هَادِيَ لَهُ.

*Al-hamdu lillāh.* Indeed, all praise is due to Allāh. We praise Him and seek His help and forgiveness. We seek refuge with Allāh from our souls' evil and our wrong doings. He whom Allāh guides, no one can misguide; and he whom He misguides, no one can guide.

وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ، وَحْدَهُ لَا شَرِيكَ لَهُ. وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ.

I bear witness that there is no (true) god except Allāh — alone without a partner, and I bear witness that Muḥammad (ﷺ) is His 'abd (servant) and messenger.

﴿يَا أَيُّهَا الَّذِينَ ءَامَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ، وَلَا

تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ﴾ آل عمران ١٠٢

«O you who believe! Revere Allāh the right reverence, and do not die except as Muslims.»<sup>1</sup>

﴿يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ، وَخَلَقَ

مِنْهَا زَوْجَهَا، وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً، وَاتَّقُوا اللَّهَ الَّذِي

تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ، إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا﴾ النساء ١

«O people! Revere your Lord who has created you from a single soul, created from it its mate, and dispersed from both of them many men and women.

<sup>1</sup> *Āl 'Imrān* 3:102.



profitable to the Muslims, forgive our shortcomings, purify our work from hypocrisy and conceit, and accept it from us.

Our Lord, forgive us and all of the believers, and bestow Your peace and praise upon our Prophet Muḥammad (ﷺ).

مُحَمَّدُ بْنُ مُصْطَفَى الْجِبَالِيِّ

*Muḥammad Muṣṭafā al-Jibālī*

Al-Madīnah al-Munawwarah

Sunday, 23 *al-Muḥarram* 1427

22 February 2006

## CHAPTER 1

### THE SOUL

#### The Truth about the Soul

The soul is one of the greatest puzzles for humanity. All people agree that a “living” person becomes “dead” by the departure of “life” or “soul”. The soul is the only part of *ghayb* that even atheists and materialists cannot deny.

Obviously, the soul is responsible for life. But what are its properties, qualities, abilities, etc? Philosophers, theologians, mystics, scientists, and other types of people have tried to answer such questions — only to come up with conflicting and confusing views that have no solid proof or evidence.

In Islām, we are given a few glimpses into the knowledge of the soul. But its detailed understanding remains concealed from us. Allāh (ﷻ) says:

«وَيَسْأَلُونَكَ عَنِ الرُّوحِ، قُلْ: «الرُّوحُ مِنْ أَمْرِ رَبِّي،

وَمَا أُوتِيتُمْ مِّنَ الْعِلْمِ إِلَّا قَلِيلًا.» ﴿٨٥﴾ الإسراء ٨٥

«They ask you (O Muḥammad) concerning the soul. Say, “The soul is of the affair (i.e., knowledge) of my Lord. And you (people) have not been given of knowledge except a little.”»<sup>1</sup>

Al-Qurṭubī (رحمته الله) said:

“This means that the knowledge of the soul is a great and major affair that belongs with Allāh (ﷻ). He kept this knowledge obscure and undetailed so that people would realize their inability to know the truth about

<sup>1</sup> *Al-Isrā'* 17:85.

removing perception.”<sup>1</sup>

Ibn ‘Uthaymīn (رحمته الله) said:

“When a person goes to sleep, Allāh (ﷻ) takes away his soul in a form of minor death during which the soul goes to wherever Allāh wills.”<sup>2</sup>

#### TEXTS FROM THE SUNNAH

Among the sleep-time *athkār* taught by the Prophet (ﷺ) is:

«بِأَسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ، إِنْ أَمْسَكَتَ نَفْسِي فَارْحَمْهَا وَإِنْ أَرْسَلْتَهَا فَأَحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ.»

«With Your Name, my Lord, I lay down my side, and by You (i.e., Your permission and help) I raise it. If You hold my soul (by death), show it mercy, and if You release it (i.e., keep it alive) then protect it as you protect your righteous servants.»<sup>3</sup>

Similarly, the Prophet (ﷺ) recommended saying before going to sleep:

«اللَّهُمَّ أَنْتَ خَلَقْتَ نَفْسِي وَأَنْتَ تَتَوَفَّاهَا، لَكَ مَمَاتُهَا وَمَحْيَاهَا.

إِنْ أَحْيَيْتَهَا فَأَحْفَظْهَا، وَإِنْ أَمَتَّهَا فَاعْفِرْ لَهَا.»

«O Allāh, You created my soul, and You take it away. You decide its (i.e., my) death and living. If You keep it alive, safeguard it, and if You make it die, forgive it.»<sup>4</sup>

1 Al-Jāmi‘ li-Aḥkām il-Qur’ān 39:42.

2 Sharḥu Riyādh iṣ-Ṣāliḥīn no. 841.

3 Recorded by al-Bukhārī (6320, 7393), Muslim (2714), and others from Abū Hurayrah (رحمته الله).

4 Recorded by Muslim (2712) from Ibn ‘Umar (رحمته الله).

And the Prophet (ﷺ) used to say when he woke up:

«الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا، وَإِلَيْهِ النُّشُورُ.»

«Praise be to Allāh who resurrected us after He made us die. And to Him will be the (people's) emergence (from the graves).»<sup>1</sup>

And the Prophet (ﷺ) recommended saying upon waking up:

«الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي فِي جَسَدِي، وَرَدَّ عَلَيَّ رُوحِي، وَأَذِنَ لِي بِذِكْرِهِ.»

«Praise be to Allāh who granted me well-being in my body, returned my soul to me, and permitted me to extoll Him.»<sup>2</sup>

#### CONCLUSION

We learn from the above texts that sleep is a minor death in which the soul leaves the body by Allāh's will and control. This was further confirmed by the Prophet (ﷺ) when he negated both forms of death for the people of *Jannah*. Jābir and ‘Abdullāh Bin Awfā (رحمته الله) reported that the Prophet (ﷺ) said:

«النَّوْمُ أَخُو الْمَوْتِ، وَلَا يَنَامُ أَهْلُ الْجَنَّةِ.»

«Sleep is the twin brother of death. And the people of *Jannah* do not sleep.»<sup>3</sup>

During the “minor death”, a soul gets to meet other souls of both living and dead people.

Khuzaymah Bin Thābit (رحمته الله) reported that he had a dream that he

1 Recorded by al-Bukhārī (6312, 6314, 6324), Muslim (2710), and others from Ḥuthayfah and al-Barā’ (رحمته الله).

2 Recorded by at-Tirmithī, Ibn us-Sunnī, and others from Abū Hurayrah (رحمته الله). Verified to be authentic by al-Albānī (*al-Kalim uṭ-Ṭayyib* nos. 34, 46).

3 Recorded by Ibn ‘Adiyy, Abū Nu‘aym, and others. Verified to be authentic by al-Albānī (*aṣ-Ṣaḥīḥah* no. 1087).